metro
NEW YORK CITY NO. 1 FREE DAILY IN TH
Tuesday, February 5, 2019 metro.us | t: MetroNewYork | f: MetroNewYo

Return of Ladd, Hickey puts high-flying Islanders in tough spot. 15

GETTY IMAGES

DANIEL SLOSS

Comic talks toxic masculinity, new show and more. 12-13

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Why blacks and Hispanics are at higher risk of heart disease. 14

American DREAMER

Queens native Jin Park, the first-ever DACA recipient to receive a Rhodes Scholarship, will be in attendance at tonight's State of the Union. 4

ISTOCK | STEPHANIE B. MITCHELL / HARVARD UNIVERSITY

THINGS TO KNOW

WELCOME TO METRO.US

KRISTIN TOUSSAINT, REPORTER

New Yorkers know that the city has long been a haven for immigrants, and that hasn't changed in recent years. In Queens, nearly half of the borough's population are immigrants, and one of those will be representing the city at the State of the Union on Tuesday. Jin Park, who grew up in Queens, is the first-ever DACA recipient to receive the prestigious Rhodes Scholarship, but he's unsure he can leave the country for that opportunity in England. I spoke with him before he went down to Washington to be Congresswoman Grace Meng's SOTU guest. Read more about him inside and at **metro.us**.

Judge sets Manafort sentencing date

1 President Donald Trump's former campaign chairman Paul Manafort will be sentenced on March 13 for attempted witness tampering and conspiring against the United States, according to a court filing on Monday. Judge Amy Berman Jackson, the federal judge presiding over Manafort's case in Washington, had previously tentatively scheduled the sentencing hearing for March 5. She did not give a reason for the delay. Manafort pleaded guilty last year to conspiracy against the United States and began cooperating with prosecutors working on U.S. Special Counsel Robert Mueller's probe into Russian meddling in the 2016 presidential election and possible links between the Trump campaign and Moscow. Both Moscow and Trump deny any wrongdoing. In November, prosecutors accused Manafort of breaching his plea deal by lying to federal investigators.

No verdict on Day 1 of 'El Chapo' deliberations

2 Jurors in the U.S. trial of Joaquin "El Chapo" Guzman, accused of running one of the world's most infamous drug cartels, ended their first day of deliberations in Brooklyn federal court on Monday without reaching a verdict. The 12 jurors began deliberating at about 1 p.m. after receiving instructions from U.S. District Judge Brian Cogan. The judge sent them home at about 4:20 p.m. Guzman, 61, is accused of leading Mexico's Sinaloa cartel, which became one of the most powerful drug trafficking organizations in the world. He twice escaped from prison in Mexico, and will face the possibility of life in a U.S. prison if convicted. The 11-week trial, which featured testimony from more than 50 witnesses, offered the public an unprecedented look into the inner workings of the cartel, named for the state in northwest Mexico where Guzman was born in a poor mountain village.

Bomb threat shuts down Brooklyn detention center after weekend protests

3 Metropolitan Detention Center security staff and Department of Justice Federal Bureau of Prisons Special Operations Response Team patrol the grounds after reports of a bomb threat at the facility on Feb. 4, 2019, in the Brooklyn borough of New York City. Power was fully restored to the prison after inmates had suffered the past week without heat and access to televisions, computers or telephones. On Monday morning, the facility received a bomb threat following a weekend of protests.

GETTY IMAGES

VA gov meets with cabinet amid racist photo outcry

4 Virginia Gov. Ralph Northam met with his cabinet on Monday amid a chorus of calls from fellow Democrats to resign over last week's revelation of a racist photo on his 1984 medical school yearbook page. A few dozen protesters gathered at the state capitol in Richmond to demand that Northam, a white man, step down, while Virginia Lt. Gov. Justin Fairfax, who is black, said there was "a lot of uncertainty" in the state's government. A conservative media website on Friday released a page from Northam's yearbook depicting one person in blackface standing next to a masked person in the white robes of the Ku Klux Klan. Northam, 59, initially apologized on Friday and said he was one of the two people in the photo, then changed his story Saturday, saying he did not appear in the picture but had dressed in blackface at another point that year.

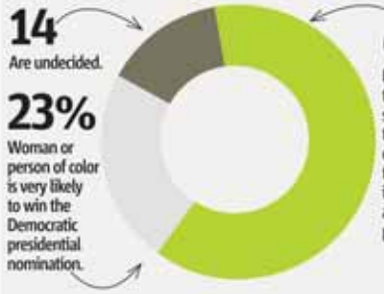
Sanders asks why drug, once free, now costs $375K

5 U.S. Sen. Bernie Sanders sent a letter to Catalyst Pharmaceuticals on Monday asking it to justify its decision to charge $375,000 annually for a medication that for years has been available to patients for free. The drug, Firdapse, is used to treat Lambert-Eaton Myasthenic Syndrome (LEMS), a rare neuromuscular disorder, according to the letter, made available to Reuters by the senator's office. The disorder affects about one in 100,000 people in the United States. The government is intensifying its scrutiny of the pharmaceutical industry and rising prescription drug prices, a top voter concern and a priority of President Donald Trump's administration. Both the Democratic-led U.S. House of Representatives and the Senate, controlled by Republicans, have begun holding hearings this year on the rising costs of medicines. Sanders is an independent who usually votes with Democrats.

STATS

Woman or person of color in 2020?

How likely is it that the Democratic presidential nominee in 2020 will be a woman or a person of color?


14
Are undecided.
23%
Woman or person of color is very likely to win the Democratic presidential nomination.
63%
Likely U.S. voters think it's at least somewhat likely that the Democratic presidential nominee in 2020 will be a woman or a person of color.

RASMUSSEN REPORTS

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Important Knee Arthritis Pain Alert

"Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 3 out of 4 Worst Cases At Least 7.3 Years..."

Free Screenings* Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand

NYC - What would it be worth to you if… in just 60 minutes… you could finally discover a way to get relief for your knee arthritis pain?

And…

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And…

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where…

…you jump out of bed in the morning, well rested and ready to take on the new day, without pain…

…you don't have to take slow, limping laps around your bedroom just to be able to walk every morning…

…you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again…

…you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain…

Well… that's exactly what can possibly happen to you if you spend just 60 minutes with us…

…Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is…

I know you may find this hard to believe. Just about every one does when we tell them about this… *at first*.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed…

Because There is Proof
Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it..

And he wanted to prove... beyond a shadow of a doubt... the results he got .. were not only REAL.. they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you... and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment
And How Can You Find Out
If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment ." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint . This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move must better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments

are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as $13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation…

If you have knee arthritis pain.... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case… but in the end… you can still get tremendous results . . .

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless , too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment… the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief… and, best of all…

You Get To See If You Qualify For FREE

That's' right. We want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning… and every other morning for the rest of your life… with less pain… worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain… just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening… all that's changed…

Work and family have become rewarding and fun. Life is so much easier and better… in so many ways… without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you… right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want… and deserve.

Whatever YOUR personal hopes and dreams are…They are all possible if you take action… right now.

All you have to do is give this a chance and schedule for the screening . But then again…

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work… or… it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be…

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way . We don't ever do that. . You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**

NYC PAIN MD

877 380 8537

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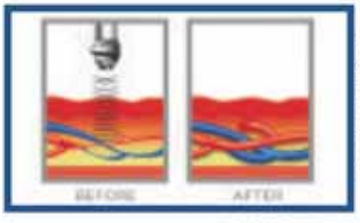

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Jin Park. PROVIDED

Rhodes scholar, DACA recipient to attend SOTU

Jin Park from Queens will be the guest of U.S. Congresswoman Grace Meng.

KRISTIN TOUSSAINT
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In November, Jin Park from Flushing made history as the first DACA recipient to earn the esteemed Rhodes Scholarship. It was "one of the biggest honors" of his life, he said, and on Tuesday, he'll experience another honor as he attends the 2019 State of the Union address as the guest of New York Congresswoman Grace Meng.

"It's pretty surreal," said Park, 22, speaking from the Boston airport before his flight to Washington. A recent Harvard grad, Park is staying in the Boston area as he figures out his next steps, though he plans to come back to New York permanently at some point, he said, because it's "always home."

"I never really thought about government as something I could participate in, because I can't vote, and as undocumented immigrants, as a general proposition, can't run for office," he added.

Park, 22, came to the U.S. with his family from South Korea when he was 7 and they settled in Queens — Meng's district specifically.

As a Rhodes scholar, Park needs to attend the University of Oxford in England to continue his studies. But as a recipient of Deferred Action for Childhood Arrivals (DACA), he's worried about not being allowed back in the country if he leaves the U.S.

> **"We live in such a state of uncertainty ... so having this opportunity is really meaningful."**
>
> **Jin Park**

Meng chose to invite Park to the 2019 State of the Union to "bring more attention to his plight and show firsthand how President Trump's un-American immigration policies are shattering the lives of Dreamers," she said in a statement. Former President Barack Obama issued the DACA executive order in June 2012; President Donald Trump ended the program in September 2017, leaving about 700,000 lives in limbo.

But Park won't just be representing other Dreamers at the State of the Union. He'll be highlighting Queens — where immigrants make up just under half of the borough's overall population — and New York City's general reputation for creating policies with immigrants in mind.

"One of the many reasons why I'm here is because of New York City, and Queens in particular. I came out of public education, I'm a product of New York City public institutions like Health + Hospitals," he said.

Park isn't the only immigrant attending the 2019 State of the Union as a Congress member's guest. New York Rep. Adriano Espaillat is bringing Yeni Gonzalez Garcia, a Guatemalan immigrant who was separated from her three children at the Arizona border last year. Congresswoman Watson Coleman of New Jersey and Congressman Jimmy Gomez of California are bringing Victoria Morales and Sandra Diaz, respectively, two undocumented former Trump Organization employees.

Last year, more than 20 Congress members brought DACA recipients as their guests, and others brought immigration activists and Temporary Protected Status holders.

Park said their presence was especially relevant then, because of the pressure to find a permanent solution for DACA recipients. But even this year, the representation of immigrants is still important in order to highlight the "immense uncertainty" undocumented immigrants constantly live under.

"I think it's important to note that immigration should not be a political issue," he added.

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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities:
  - Mobility (5%)
  - Vision/Hearing (2%).
- Preference for a percentage of units goes to:
  - Residents of **Bronx Community Board 9** (50%)
  - Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] *Minimum – Maximum*[4]
40% AREA MEDIAN INCOME (AMI) UNITS	Studio	$462	5	→	1 person	$18,172 - $29,240
	1 bedroom	$590	7	→	1 person	$22,698 - $29,240
					2 people	$22,698 - $33,400
	2 bedroom	$718	5	→	2 people	$27,223 - $33,400
					3 people	$27,223 - $37,560
					4 people	$27,223 - $41,720
	3 bedroom	$821	4	→	3 people	$31,406 - $37,560
					4 people	$31,406 - $41,720
					5 people	$31,406 - $45,080
					6 people	$31,406 - $48,400
	Unit Size	**Monthly Rent[1]**	**Units Available**		**Household Size[2]**	**Annual Household Income[3]** *Minimum – Maximum*[4]
60% AREA MEDIAN INCOME (AMI) UNITS	Studio	$748	17	→	1 person	$27,978 - $43,860
	1 bedroom	$948	23	→	1 person	$34,972 - $43,860
					2 people	$34,972 - $50,100
	2 bedroom	$1,148	21	→	2 people	$41,966 - $50,100
					3 people	$41,966 - $56,340
					4 people	$41,966 - $62,580
	3 bedroom	$1,317	11	→	3 people	$48,412 - $56,340
					4 people	$48,412 - $62,580
					5 people	$48,412 - $67,620
					6 people	$48,412 - $72,600
	Unit Size	**Monthly Rent[1]**	**Units Available**		**Household Size[2]**	**Annual Household Income[3]** *Minimum – Maximum*[4]
100% AREA MEDIAN INCOME (AMI) UNITS	Studio	$1,078	20	→	1 person	$39,292 - $73,100
	1 bedroom	$1,360	31	→	1 person	$49,098 - $73,100
					2 people	$49,098 - $83,500
	2 bedroom	$1,642	21	→	2 people	$58,903 - $83,500
					3 people	$58,903 - $93,900
					4 people	$58,903 - $104,300
	3 bedroom	$1,888	9	→	3 people	$67,989 - $93,900
					4 people	$67,989 - $104,300
					5 people	$67,989 - $112,700
					6 people	$67,989 - $121,000

[1] Tenant pays electricity

[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Westchester Mews c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **April 1, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Westchester Mews c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **01 de abril 2019**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Westchester Mews c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2019 年 4 月 1 日。**

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Westchester Mews c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **01 апреля 2019**

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Westchester Mews c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. **4 월 1 일 2019** 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Westchester Mews c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **01 avril 2019**.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف بحجم اسمك وعنوانك إلى: **Westchester Mews c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY** على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل **01** أبريل 2019

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer
HDC President Eric Enderlin

5 New York Tuesday, February 5, 2019

New Yorkers in need of food assistance wait an average of 2.78 hours at SNAP centers, a new report found.

GETTY IMAGES

Council bills to address long waits, negative treatment at welfare offices

A new report affirms problems at city public assistance offices brought to light by the arrest of Jazmine Headley.

KRISTIN TOUSSAINT
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City Council introduced a set of oversight bills on Monday meant to change the experience of those going to SNAP and other public assistance or welfare offices.

On Dec. 7, police forcefully arrested Jazmine Headley and ripped her 1-year-old child out of her arms at a Human Resources Administration (HRA) office, shedding light on larger issues in the system. Headley was arrested after sitting on the floor at the office, where she had been waiting for four hours to find out why her son's benefits were cut off. (It was a mistake, officials said, because of a technical glitch that prevented state and city systems from "talking to each other.")

On average, New Yorkers wait 2.78 hours at New York City food stamps (or SNAP) centers, and 3.13 hours at Job Centers, according to a new report by the Safety Net Project of the Urban Justice Center. On its website, the HRA says average wait times are 51 minutes at Job Centers and 47 minutes at SNAP Centers.

The Safety Net Project surveyed SNAP and public assistance recipients across the five boroughs and found that New Yorkers aren't just dealing with long waits at these HRA offices. They're also dealing with negative employees, neglected phone lines and rampant documentation errors.

"It's not just the fact that I was arrested," Headley told the City Council at Monday's Committee on General Welfare hearing. "It was the harsh way that I was treated by people who are supposed to help me."

Thirty-four percent of respondents reported that HRA workers "always" or "often" spoke to them in a "mean, hostile or nasty manner at Public Assistance Centers," per the report. Another 33 percent said they've had such an experience "sometimes."

HRA policy says that phone calls must be returned within 36 hours, but 64 percent of calls were either not returned or had connection and voicemail issues, according to HRA's own internal audits.

More than 25 percent of SNAP applicants/recipients and more than 50 percent of public assistance applicants/recipients said an HRA worker had lost paperwork that they submitted in 2017, the Safety Net Project report found.

Those going to food stamps and public assistance centers in the Bronx have the worst experiences because of overloaded and underserved offices. While the Bronx has the highest percentage of SNAP recipients, it also has fewer centers than Manhattan or Queens.

The set of bills introduced by City Council would require new reporting, training and accountability for the HRA, the agency that runs these food stamps and public assistance offices.

The oversight package includes actions that would require HRA, the Department of Social Services and the NYPD to issue quarterly reports on any use of force inside these offices; require full-time social workers at every office; and institute de-escalation training for those who work in these Job and SNAP centers.

Applications for free early education being taken

Mayor Bill de Blasio and Reps. Nancy Pelosi and Nydia Velázquez read books to a pre-K classroom. ALL GETTY IMAGES

Universal pre-K first came into being in 2015, letting parents of 4-year-olds send their children to full-day preschool programs for free, and was expanded last year to include 3-K for 3-year-olds as well. As of Monday, applications for the programs are available either online, by phone or in person.

"This is what's so magical about early childhood education," said Mayor Bill de Blasio at a Monday press conference. "Kids can learn in an extraordinary way in the first five years of their lives."

"This is what's so magical about early childhood education. Kids can learn in an extraordinary way in the first five years of their lives."
Mayor Bill de Blasio

According to the Department of Education, about 68,000 children were enrolled in New York's Pre-K for All program last year, saving families an average of $10,000 per year on child-care costs. Though the 3-K for All program is not yet available in all school districts, de Blasio's administration announced on Feb. 2 that it would be available citywide by 2021.

"The first class of 3-K for All started in September, and their development since then is truly remarkable. This extra year of education is giving our kids an invaluable head start in life, and helping to alleviate some of the financial strain that working families in New York City face," said de Blasio.

The city is also adding 47 more multilingual teaching programs, letting pre-K and 3-K students take bilingual classes to both help children of immigrants keep in touch with their parent language, as well as prepare monolingual students to speak multiple languages in the future. NYC Schools Chancellor Richard A. Carranza promised that they will be adding even more in the near future to accommodate all groups in the metropolitan area.

"Not only are we expanding, as the mayor said, and adding two whole grade levels, we're doing that in a dual-language way," said Carranza. "We already have pre-K dual-language programs in Spanish, Mandarin, Italian, Russian and Bengali. But, you see, that's not enough for us in New York, so we're adding French, Haitian Creole and Japanese to our programs, bringing our total number to 107 dual-language programs across the city."

Online applications for 3-K and pre-K are available at myschools.nyc, and parents can call 718-935-2009 if they have questions. The application deadline is March 15.

"Did I mention it's free?" de Blasio said.

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Could you live on your retirement savings for 23 years?

Find out if your savings will last that long and what to do if you haven't saved enough.

NerdWallet is a personal finance website.

Precision isn't always possible when it comes to retirement planning. That doesn't mean you have to wing it and hope your savings don't expire before you do.

Looking at the income, living expenses and life spans of today's retirees can help you make the right financial moves so your golden years aren't tarnished by an unexpected shortfall.

What's an "average" retirement cost? Government and Gallup data reveal a lot about what retirement is like for Americans today.

It starts at age 61, even though many tell Gallup they planned to work longer. And based on some morbid math — the average remaining life expectancy of someone who's made it to their early 60s (23.3 years), according to the Centers for Disease Control and Prevention — you should plan to be retired for at least a few decades.

Your mileage may vary based on things such as your work (accountant versus rodeo clown, for example), diet, family health history and participation in extreme sports leagues.

The average budget for a retiree, according to Bureau of Labor Statistics data, provides even more color on what to expect when you're expecting to retire. Older households, defined as ones headed by someone 65 or older, spend $46,000 annually, versus the $57,000 average spent by all U.S. households combined. The top three monthly expenses for those 65 and older are housing ($1,322), health care ($500) and food ($484).

Find out how long your money will last An online retirement calculator can project a more accurate picture of your retirement readiness. It will use your current saving, spending

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and investment profile and some rules of thumb about historical investment returns, reasonable withdrawal rates and, yes, life expectancy. (Most calculators assume people will live into their 90s.)

What if the calculator shows that at the rate you're going, you'll outlive your retirement savings? If you're not yet retired, one of the best moves is postponing your retirement party. This strategy is especially valuable for those in their peak earning years.

Besides reducing the number of years you'll need to live off your savings, working longer allows more time for your investments to grow.

How to pad your paycheck in retirement

If you're already retired and un-retiring or waiting to file for Social Security aren't feasible, there are other ways to make up for the shortfall between retirement income and expenses:

Leverage your home. If you have substantial equity in your home, a reverse mortgage can turn this asset into income. You'll receive a regular check as long as you're living in the house. When you exit the premises to move elsewhere or on to the great beyond, the checks stop and your estate must repay the loan.

Withdraw less money during down years. A common rule of thumb among financial pros is the 4 percent rule, which is based on research in all market conditions that shows a retiree can withdraw that amount annually from a portfolio invested half in stocks and half in bonds without depleting their financial reserves before they die. If you can be flexible and withdraw less, for example, when market returns are lower than expected or you've got reserves from previous years' withdrawals, you can make your money last longer.

Seek assistance. There are government, nonprofit and for-profit programs that provide benefits to struggling seniors. The National Council on Aging (NCOA.org) helps the 60-plus set navigate things such as Supplemental Security Income, Medicaid, debt management programs and subsidized housing.

This article was written by NerdWallet and was originally published by The Associated Press. **DAYANA YOCHIM**

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Have you gained weight from drinking diet soda?

Researchers at The Rockefeller University are conducting a study to determine whether a common artificial sweetener can change how the body responds to sugar. We plan to see if these changes can be reversed when artificial sweeteners are removed from a daily diet.

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the GRUMBLE

Pat King
Grumble Editor

READER WRITE-INS:

WHY CAN'T IT BE SUPER BOWL SATURDAY?
Families would be able to enjoy the game, and all things connected to the Super Bowl, without the anxiety of having to go to work and school the next day. Imagine waking up to Super Bowl headlines and being able to read the reviews and have a discussion over a cup of coffee instead of on a crowded commute? Children would be able to watch the entire game without their parents worrying about how difficult it's going to be waking them up for school on Monday morning. Mondays are tough enough as it is!

— **Bernadette**, *Metro US reader (and advocate for Super Bowl Saturday)*

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SEND US YOUR PET'S WINTER FASHION!

With the weather dipping down into the negative, the early morning struggle is real for dog owners all over. As you head out in the morning, you not only have to bundle yourself up a little more, but making sure your dog is warm should be a priority as well. It goes without saying, but dog winter gear is one of life's great joys. That's why we you, our trusty readers, to send in pictures of your dogs dressed to the nines in their best winter outfits! Send photos over to humble@metro.us and we will post the best ones here.

Luna's polar vortex gear. **SUE, METRO US READER**

metro.us/horoscopes

Aries You've got the moves, so stop thinking someone else can do a better job. A suggestion you make will encourage others to pitch in and help. Expand your interests and make new friends.

Taurus Confusion or uncertainty will set in if you are too analytical. Take action and learn as you go to accomplish the most. Love and romance will enhance your life.

Gemini Your ideas will capture someone's attention. A joint venture or partnership will broaden possibilities and bring you closer to achieving something that will improve your life.

Cancer Keep plugging away until you reach your goal. The journey you take will be gratifying and will help you hone your skills. A physical change will boost your confidence.

Leo Stay on track and think matters through before you make a move. Opportunities are within reach, but making the best choice will not be easy. Take your time.

Virgo You'll come up with a unique plan. A little discipline, careful thought and judicious personal changes will help you bring your idea to life. Love is in the stars.

Libra Don't just think about making a personal change, do something about it. Take the initiative and start the ball rolling. What you accomplish will give you hope and improve your personal life.

Scorpio Spend time with someone who understands your personal situation. Good advice will come in handy and help you defuse a problem before it explodes.

Sagittarius Take advantage of any opportunity you get to make positive changes at home, or get involved in events or activities that make you feel alive.

Capricorn Love will come at a price. Look ahead with optimism and decide what you need to do to achieve the happiness you desire. Take responsibility for your actions.

Aquarius Look for a chance to make a professional move or change the way you handle your personal finances. A contract or joint venture looks promising. An emotional situation can be resolved.

Pisces If you draw on your imagination, you'll come up with good ideas for yourself and others. Simple solutions will outweigh someone's pie-in-the-sky ideas. **EUGENIA LAST**

NYC Doctors Urge Back Pain Sufferers:

Avoid Surgery Or Addictive Drugs Until You Read This...

Modern Treatment stands to free thousands of New York Area pain sufferers from reduced mobility, stress and poor quality of life. Treatment may help avoid surgery or overuse of dangerous medication

NEW YORK CITY - If you are interested in relieving back pain or neck pain, getting back to basic daily activities without discomfort and having more energy, than this this will be the most exciting message you ever read.

Here's why

There is a medical clinic in New York City called ***NYC Pain MD***. Actually two of them… in different parts of the city. I'm not sure… but if I'm right… you may want to call them after reading this. If so, their phone number 877-907-2934.

Anyway... Here's What This Is All About

The doctors at *NYC Pain MD* have made a discovery of sorts. It's not a discovery as in they invented something new. It's a discovery about when and how they apply certain back pain treatments… that they have fine tuned… and perfected to get better results than they ever thought possible.

Countless patients are living proof. **And check this out:** What NYC Pain MD doc's actually use is called an "algorithm"... a special step-by-step formula starting with proper evaluation so you make sure to leap frog or bypass treatments that won't work... and find the ones that will work best for you in a little time as possible. Less trial and failure means better quicker results for the pain sufferer.

Now, you may have even heard about many these treatments. **But here's one I bet you may have never heard of... that might help you... and it's not an "epidural".**

This treatment is called:

"Radiofrequncy Neurotomy." RF for short. RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofreqeuncy waves are delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers... to "block" the painful nerve flow.

To decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency will be performed for longer term relief.

But... It's NOT Just The Treatment Alone That Is The Key Ingredient

You see, the real secret is the NYC Pain MD *formula*. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step Number One.

And what you'll really like is... this screening is FREE

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is… they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call… keep calling… or leave a message... it will be well worth it.

This screening will give you so much relief just knowing what is going on… and what your best options are.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk".

The best treatment may be one… or a combination of several advanced medical treatments offered at *NYC Pain MD.*

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doctor's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with so many patients patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot accept every case or help everyone… so many have finally gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings is because it has opened the door

NYC Pain MD **offers innovative treatments for back and neck pain using modern techniques without hospitals or surgical centers.**

to so many people that never would have gotten help otherwise.

At the very least, you will finally have some direction and a plan. And whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or *not* being rich or famous… to keep you away if you are suffering in pain.

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So… if you are even remotely interested… take the a first step give them a call at 877-907-2934.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

When you call, tell the scheduling experts you are calling for the special **"No Obligation Back Pain Screening Program".** They will know exactly what you need to do and will find the next available and convenient spot in our schedule. So again, just call 877-907-2934. The lines get very busy so if you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is 877-907-2934.

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Daniel Sloss talks toxic masculinity and stand-up comedy

The Scottish comedian's new show "X" debuts at the SoHo Playhouse this week.

ANDREW HUSBAND
drew.husband@metro.us

As Scottish comedian Daniel Sloss told Conan O'Brien in September, "masculinity is the funniest thing in the world."

"It's so pathetic and weak," he continued. "I love it. The logic of masculinity makes me laugh so much because I'm still part of it. Even though I'm conscious of it, I'm still an idiot."

As much fun as the Edinburgh Fringe Festival regular's new critically acclaimed show "X" has at the expense of masculinity, however, Sloss knows just how serious this subject can be. After all, we're living in a post-Harvey Weinstein and Louis C.K. world that, despite the best efforts of the #MeToo and Time's Up movements, is struggling to contend with the powerful men whose behavior has ruined the lives of countless women. Sloss' new show "X," which begins its off-Broadway run at the SoHo Playhouse this week, doesn't ignore these particular aspects of toxic masculinity. In fact, it tackles them head-on.

"I want to talk about it because it's not just an issue about laughter or finding the right light," he tells Metro. "It's an issue that we all need to be involved in. My voice isn't necessarily the most important one to add to this debate, but that doesn't mean that I'm not going to lend it. It's an issue that affects f–king everyone, especially men. So I'm not talking about this stuff to talk over the women who face it. It's basically what my experiences with [toxic masculinity] have been and the conclusions I've drawn."

Sloss is quick to note that he's not here to lecture audiences. Like the previous two shows he ran off-Broadway, "X" is at its heart a stand-up comedy show that revolves around a story. The comic insists on not spoiling the story for anyone who hasn't seen the show. Reviews of its previous runs do exist on the internet, of course, but Sloss asks that New York audiences avoid them. Not only to keep the surprise, he adds, but to avoid lessening its shocking impact.

"I think comedians can talk about anything," he says. "I f–king hate taboo subjects because none of them need to be taboo. The only reason things are taboo is that f–king cow-

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The comic's off-Broadway show kicks off this week. TROY EDIGE

ards don't want to talk about them. They don't want others talking about them, either. The only reason that subjects are made taboo is that it gives them so much unnecessary power. But we don't need to be scared. Yes, some conversations are inconceivable, but that doesn't mean they shouldn't be had. And if it takes a comic to do it, then yeah, I'll f–king do it. So the fact that most men, and especially have the f–king balls to talk about this stuff, is why I'm doing it.

"I mean, I get it," he continues.

"One of the problems is we're f–king men. Any form of criticism that's directed toward a man is usually taken as a sign of attack. How do I know that? Because whenever people criticize me, my internal monologue tells me otherwise. So I understand why men get so defensive when they're attacked. But it's so pathetic. Women can certainly say that it's pathetic because it is. Saying so does end up alienating a lot of men, and rightfully so, but they shouldn't be so f–king sensitive about taking criticism. This shouldn't be the circumstances we live in but they are, so why don't we deal them in an empathetic and understanding way? So yeah, I'm all for talking about these subjects on stage."

However, Sloss makes it painstakingly clear that "X" is simply about discussing masculinity and all its faults, hilarious and otherwise, on the stand-up comedy stage. Yes, its more prevalent (and toxic) shades occupy a sizable chunk of the show's material, but so too does its sillier side. After all, this is the same comedian who boasts that his Netflix special "Jigsaw" has ended thousands of relationships, including canceled engagements and divorces. Which is especially hilarious since tickets for "X" 's Valentine's Day shows are already sold out.

"Sometimes my fans are the dumbest people in existence," he laughs. "They're like, 'I'm taking my girlfriend to see Daniel Sloss on Valentine's Day. I hope we don't break up!' I mean, do you actually think I'm doing the breakups? I love my fans dearly, but seriously."

"Daniel Sloss: X" is running off-Broadway at the SoHo Playhouse Feb. 6-24.

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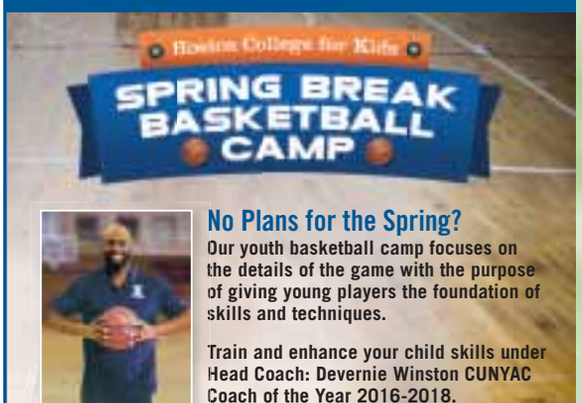

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Why blacks and Hispanics are at higher risk of heart disease

Mount Sinai

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February, the month of Valentine's Day, is also, fittingly, American Heart Month. What people might not know is that while heart disease is the leading killer for all Americans, African-Americans and Hispanics face even greater risks. We talked to Dr. Annapoorna S. Kini, cardiologist at the Mount Sinai Hospital, to learn about what's behind the statistics.

What is the risk of heart disease among African-Americans and Hispanics in this country?
The prevalence of high blood pressure in African-Americans is the highest in the world. Research suggests African-Americans may carry a gene that makes them more salt-sensitive, increasing the risk of high blood pressure and heart disease. African-Americans are disproportionately affected by obesity. Among non-Hispanic blacks 20 and older, 63 percent of men and 77 percent of women are overweight or obese. African-Americans are more likely to have diabetes than non-Hispanic whites.

Are the risks different for men and women among those groups?
Rates of hypertension in the community and in stroke populations have been higher in black women than in black men in some studies. Other data suggest that hypertension confers a higher risk for stroke in black women than black men, although both are at high risk. In our study, we found sex differences in frequencies of hypertension. Differences in pathophysiology, severity, treatment of hypertension, or psychosocial factors may account for the observed sex difference. African-American women may have a greater risk of stroke from hypertension and other risk factors than their male counterparts.

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Return of Ladd, Hickey puts high-flying Islanders in tough spot

Returning from injuries, two established vets will push their way into a clicking Islanders lineup.

JOE PANTORNO
joseph.pantorno@metro.us

Veteran forward Andrew Ladd is expected to make his return in the coming days. GETTY IMAGES

Amidst their overachieving season, the New York Islanders are suddenly faced with a problem most good teams run into at some point during their respective campaigns.

Barry Trotz's men have been clicking on all cylinders since Dec. 15, winning 16 of their last 21 games to catapult them into first place in the Metropolitan Division.

They've done so with the perfect balance of veteran leadership and youthful exuberance as the Islanders are getting key contributions from every corner of the roster.

But the coming days will offer the return of a pair of injured veterans in defenseman Thomas Hickey and winger Andrew Ladd, which threatens the equilibrium of the Eastern Conference's second-best team.

Hickey, who has been a mainstay on the blue line, playing at least 60 games in each of the last five seasons, has missed the last 19 games with an upper-body injury. In his absence, the Islanders were able to call up top defensive prospect Devon Toews, who has not disappointed throughout his NHL debut.

The 24-year-old has five points in his first 17 games with the same plus-8 rating Hickey had in almost double the games. He's shown a tremendous amount of poise since making the jump from the AHL and has seamlessly worked his way into the NHL's best defense this year.

It's become abundantly clear that Toews is ready to stay in the NHL, which makes it almost impossible for Trotz to send him back down once Hickey is ready to go. In reality, none of the Islanders' current six defensemen is worthy of getting the boot from their starting spot.

Scott Mayfield and Adam Pelech are the team's top two bluliners in plus-minus while Johnny Boychuk and Nick Leddy are experiencing resurgent seasons. Ryan Pulock, who is just 24, too, leads New York's defenseman in points with a plus-8 rating of his own.

On offense, Ladd's prospective return is even more of an issue given the way he's played over the past year. The two-time Stanley Cup winner has not lived up to his massive seven-year, $38.5 million deal after putting up just 12 goals last season. In 14 games this year, he had just three goals and four assists before going down with a lower-body injury.

If he wasn't making that kind of money or if the Islanders offense wasn't in need of a boost, it would be easier for Islanders management to keep him as a 10th forward for the remainder of the season. But Ladd is still capable of scoring around 25 goals should he figure things out, which the Islanders have seemingly done around him.

His presence as a past Stanley Cup winner can also help down the stretch as the Islanders look to not only clinch a playoff spot but make some noise in the postseason. His return, though, will most likely spell the end for Michael Dal Colle's time with the big club. The 22-year-old has scored two goals, both game-winners, in 15 games this season on a third line with Valtteri Filppula and Leo Komarov.

"It will be a tough decision," Trotz said. "What you want to do, what we've done in the organization, is create a competition. We feel we have pretty good roles with different guys better at certain things.

"There may be some, call them sacrifices, that you make to get them started, maybe in a back-to-back, or who knows, maybe they're [sent] down for conditioning — we don't know, we're not at that point yet."

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Knicks look to flip Matthews

As the dust continues to settle from last week's massive trade that saw the New York Knicks send Kristaps Porzingis to the Dallas Mavericks, one of the players sent to the Big Apple in that deal might not be calling Madison Square Garden home for too long.

Veteran guard Wesley Matthews was part of the Knicks' three-player return that also included Dennis Smith Jr. and DeAndre Jordan. In the final year of a four-year, $70 million contract, his and Jordan's inclusion was nothing more than a salary dump for Dallas, which will help enable the Knicks to free up even more cap space for this summer.

Once Matthews, Jordan and others like Enes Kanter's contracts are off the books, the Knicks are expected to have approximately $71 million in cap space to make serious runs at big-time free agents like Kevin Durant, Kyrie Irving, Klay Thompson or Kawhi Leonard.

Wesley Matthews. GETTY IMAGES

Granted, the Knicks could offer Jordan a $5 million room exception to come back for a season seeing as Kanter's impending departure will leave the team without a center.

Matthews, though, is not expected to be a member of the Knicks for much longer as he is already garnering interest on the market. It just remains to be seen how he will leave New York.

Marc Berman of the New York Post reported on Sunday night that Matthews could be traded before the NBA's Feb. 7 deadline. Should the Knicks not find a partner, a buyout is also on the table, according to the New York Times' Marc Stein.

Regardless, there have been a number of teams with reported interest, including the Houston Rockets, Philadelphia 76ers, Oklahoma City Thunder, Golden State Warriors and Toronto Raptors.

Shipping Matthews will help free up some space in a jammed backcourt. While Tim Hardaway Jr., Trey Burke and Courtney Lee were traded in the Porzingis deal, first-year head coach David Fizdale still has to split playing time between Emmanuel Mudiay, Frank Ntilikina, Smith, Allonzo Trier, Damyean Dotson and now, Matthews.

The 32-year-old will provide a contending team with an experienced talent off the bench. Over 10 NBA seasons, he is averaging 13.8 points per game and a career three-point shooting mark of 38.4 percent.

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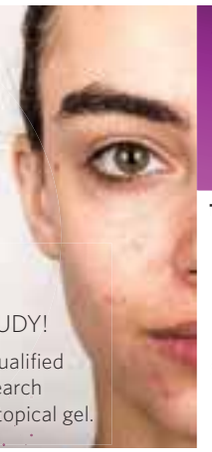

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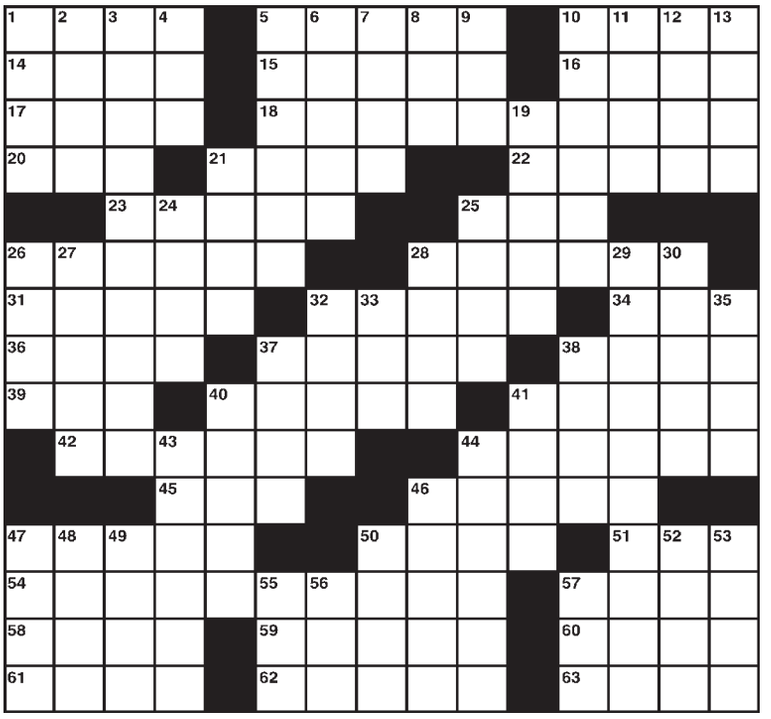
10 __ milk; nonfat beverage
14 Warren or Holliman
15 Still breathing
16 Bridal veil fabric
17 Sudden idea; fancy
18 Rams' home
20 "Make hay while the __ shines"
21 Small nail
22 City in England
23 Lewis' exploring partner
25 Get-up-and-go
26 Actress Ally
28 Complete failure
31 Place of refuge
32 Actress Burstyn
34 Bird of prey
36 Be persnickety
37 Aviator
38 Musketeers or Stooges
39 Polished off
40 Jabbed
41 Revolves
42 School compositions
44 Go back on a promise
45 Strike
46 Conceals
47 Twelve
50 Family members
51 Cushion
54 Dethrones; bring downs
57 Like takeout food
58 Sweetheart
59 Uncanny
60 Patella's place
61 "Beauty is __ skin-deep"
62 Miles per hour
63 Chances

DOWN

1 Chops down
2 Waikiki Beach's island
3 Members of the royal family
4 Lawn tree
5 Money earned
6 Big Ben, for one
7 Danger
8 Gabor or Longoria
9 Actress Ming-Na __
10 Slumbers
11 Hardy cabbage
12 Like cinnamon rolls, usually
13 Disarray
19 Gather bit by bit
21 Small amounts
24 Flowery rings
25 Landing place
26 Davenport
27 __ cuisine; fine food
28 Ran away
29 Exchange letters
30 __ to; because of
32 BPOE folks
33 Be dishonest
35 Suffer defeat
37 Auto racer A.J. __
38 Song
40 "__ Your Wagon"; Broadway musical
41 Kennedy & Cruz
43 Wine sometimes used in cooking
44 Washed off soapsuds
46 TV's Mandel
47 Extinct bird
48 Kiln
49 Ardor
50 As __ as a boil
52 Middle-__; neither young nor old
53 Mothers of fawns
55 "__ got the whole world in His hands..."
56 Elected official: abbr.
57 Ref's call



BY TCA

metro.us/wordsearch

L	L	A	B	T	O	O	F	B	O
M	A	N	C	H	E	S	T	E	R
R	E	S	E	G	U	T	R	O	P
B	R	J	U	V	E	N	T	U	S
W	U	N	I	T	E	D	Y	F	O
S	O	N	A	I	T	S	I	R	C
K	C	I	K	S	O	F	G	T	C
S	K	O	D	L	A	N	O	R	E
S	D	I	R	D	A	M	A	D	R
K	X	B	J	E	Y	V	L	M	S

Cristiano
FIFA
Football
Goal
Juventus
Kick
Madrid
Manchester
Portugese
Real
Ronaldo
Score
Seven
Soccer
United

metro.us/wander

Category: Director

	Y	K	U
L	E	S	B
N	A	T	R
	K	C	I

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

3								1
	6	7			2	8		3
		2		7		6	9	
7					4		3	8
8		4		6		5		2
1	2		7					9
	8	9		2		3		
6		3	8			2	4	
2								7

Yesterday's Answers

F	L	U			G	R	A	B	S		S	C	U	M
L	O	R	D		R	E	G	A	L		C	A	P	E
Y	O	G	A		O	P	E	R	A		R	I	O	T
	P	E	R	S	U	A	D	E	S		I	N	N	S
			N	O	S	Y			H	E	M			
S	T	R	I	F	E		T	A	I	L	P	I	P	E
P	O	I	N	T		T	R	U	N	K		S	U	N
L	O	N	G		S	W	U	N	G		B	A	L	D
I	T	S		A	T	I	L	T		L	E	A	S	E
T	H	E	O	L	O	G	Y		F	O	R	C	E	D
			R	I	M			L	O	O	N			
W	A	S	A		A	F	T	E	R	M	A	T	H	
I	R	O	N		C	L	O	V	E		R	A	Y	S
S	M	U	G		H	A	T	E	S		D	U	D	E
H	Y	P	E		S	W	E	E	T			T	E	A

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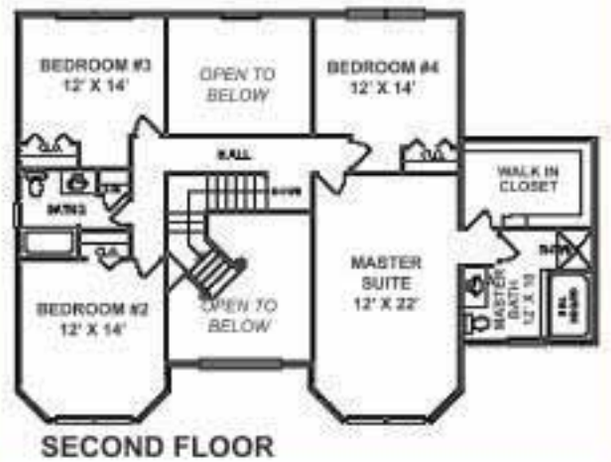

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